



Procedure: Breast Pump Policy General Information

Volume: Nutrition Services/Breastfeeding

Section: Breastfeeding

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Purpose

To provide guidance on provision of breast pumps for WIC breastfeeding mothers to support the initiation and continuation of breastfeeding by providing breast milk to their infants when they cannot be together.

Allowable Costs

Breast pumps that directly support the initiation and continuation of breastfeeding are an allowable WIC Program cost

Provision of Breast Pumps

WIC provides breast pumps as one component of breastfeeding support services.

Breast pumps should be provided to WIC breastfeeding participants based on individual need and requested support, not as an inducement to consider or to continue breastfeeding.

Generally, breast pumps are provided to mothers who are having difficulty establishing or maintaining an adequate milk supply due to maternal/infant illness; during mother/infant separation (such as hospitalization or a return to work or school); and to mothers who have temporary breastfeeding problems, such as engorgement.

Breast Pumps Are Not For Everyone

Breast pumps may be offered to participants based on need. Some women benefit significantly from the use of a breast pump, while many others do not need breast pumps to initiate and continue breastfeeding.

Most women, in normal circumstances, can establish and maintain lactation without using a breast pump.

In fact, providing breast pumps to all breastfeeding women regardless of need may have the unintended effect of discouraging breastfeeding. This practice may give breastfeeding women the impression that special equipment is needed to express milk manually and, thus, reinforce lack of confidence.

Liability

To ensure participants receive the appropriate care, staff must be adequately trained to provide participants with the appropriate information and follow up when providing breast pumps. Procedures must be in place to ascertain clients receive instruction on proper pump assembly, usage, cleaning and storage, and their responsibilities for handling and returning the equipment.

The risk of liability requires that professional staff (CPA, RD, RN, LPN, IBCLC) trained in lactation management coordinate the issuance of pumps to participants

Types of Breast Pumps

To meet the needs of all breastfeeding mothers, the Nebraska WIC program has three types of pumps. All local agencies will have manual pumps available.

- Local agencies that implement an electric breast pump program will provide both multi-user and single-user electric breast pumps to meet the varied needs for support of breastfeeding mothers.

Manual Breast Pumps	Medela Harmony Pump
<ul style="list-style-type: none"> • Are given to WIC mothers for occasional separation from baby, or to help alleviate minor problems such as normal engorgement or short-term breastfeeding concerns. • All local agencies have manual breast pumps 	

Multi –user Electric Pumps	Medela Lactina Medela Symphony
<ul style="list-style-type: none"> • Are loaned to WIC mothers who need to establish their milk supply without their baby, such as in cases of pre-maturity, sick newborn, or other special needs. • Also may be loaned to WIC mothers who need help in establishing/maintaining milk supply in cases such as returning to work or school. • WIC participants who are loaned a multi-user electric pump should be given their own milk collection kit that is theirs to keep. • Multi -user electric breast pumps are only available in those local agencies that have a request approved by the State WIC Breastfeeding Coordinator • Detailed information can be found in the policy “Loan of Multi-User Electric Breastpumps” in this section. 	

Single-user Electric Pumps	Medela Pump in Style
<ul style="list-style-type: none"> • Are given to WIC mothers who need help in maintaining an already well-established milk supply in cases such as returning to work or school or other special circumstances. • It takes about 4 weeks of exclusive breastfeeding for a woman’s milk supply to be well established. Single-user electric breast pumps should not be issued before this time. • Single-user electric breast pumps are only available in those local agencies that have a request approved by the State WIC Breastfeeding Coordinator. • Detailed information can be found in the policy “Issuance of Single User Electric Breastpumps” in this section. 	

Hand Expression of Breast Milk

For some women, hand expression meets their needs to maintain comfort (i.e. relieve engorgement) or express milk for a later feeding.

Information and instruction on hand expression of breast milk should be provided to all lactating mothers.

Breast Pump Questionnaire

Prior to issuing a breast pump, a WIC breastfeeding mother should be evaluated to determine:

- Her need for a pump
- Which pump best fits her needs and is the most cost-effective for the WIC program.

WIC staff should use the *Breast Pump Questionnaire* when working with a client to determine the best pump for her situation.

Breast Pump Release Form/ Loan Agreement

Each client who receives any type of breast pump must sign a written release form.

WIC staff trained in lactation management must demonstrate how to assemble, use, disassemble, and clean the breast pump. This includes both manual and electric breast pumps.

Staff must also explain and provide instructions on safe handling and storage of expressed breast milk to the pump recipient.
